



# THE CENTER POST

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## MEMBERSHIPS & REOPENING

Since the sudden closure of the Benjamin Gaither Center on March 13, 2020 by Executive Order, memberships have been on pause, meaning you have not lost one day of your remaining membership while the Center has been closed. Beginning May 1, 2021, we will be restarting all but the Fitness Center memberships. If you would like to restart your Fitness Center Membership using the Bohrer Park Fitness Center, please let us know.

We will begin offering in person activities at Bohrer Park in April. When you are ready, please join us for walking, Bingo, Crochet / Embroidery Group, Book Club, Thursday Lunches at the Park Pavilion, and Social Symposium. We will continue to add more in person activities as the weather improves and COVID incidences drop. Please let us know if you have any ideas for fun, socially distanced in person activities. If you have any questions or concerns, please email [Charlyn.simpson@gaitherburgmd.gov](mailto:Charlyn.simpson@gaitherburgmd.gov) or call 301-258-6380 and leave a message. We will call you back.

Thank you for supporting us throughout this pandemic and we can't wait to see you!!

BEGINNING APRIL 5

## IN PERSON ACTIVITIES

The following activities will meet at the Activity Center at Bohrer Park, 506 S Frederick Ave, Gaithersburg, 20877. Face masks are required.

### Walking Group

Wednesdays at 9 AM, Fridays at 2:30 PM

### Bingo – Mondays at 2 PM

### Crochet/Embroidery

Wednesdays, April 7 & 21 at 1 PM

### Book Club – Thursday, April 8 at 2 PM

### Lunch at the Park Pavilion

Thursdays at Noon (Bring your own lunch)

### Social Symposium

Tuesdays, April 13 & 27 at 1 PM

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FRIDAYS AT 2:30 PM

## MOVIE WATCH PARTY

Join the BGC staff virtually for a movie each Friday that is hand selected by Robert.

TUESDAYS & FRIDAYS AT 1 PM

## SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 p.m.

These virtual programs give you a chance to connect with others, laugh, and enjoy twice a week. The links are e-mailed out every week, or you can call in and participate on your phone.

THURSDAY, APR 8 AT 2 PM

## BOOK CLUB

Join Marisa Young as she leads a thoughtful discussion about the book of the month. The group will meet the second Thursday of the month at 2 p.m. via Zoom. You can also call in.

### April's Book:

"Two Kinds of Truth"  
by Michael Connelly

### May's Book:

"Maggie Smith: A Biography"  
by Michael Coveney

TUESDAY, APR 6, 1 – 2 PM

## STRESS AWAY

Presented by Adventist Health-Care. Join us for a presentation and discussion on stress. We will explore what stress levels are normal, what levels are unhealthy, and how to eliminate stress from our daily life.

The Zoom link will be e-mailed in the weekly e-newsletter.

MONDAY, APR 12, 1 – 2 PM

## LET'S TALK BLOOD PRESSURE! – LUNCH & LEARN SERIES

Presented by Adventist Health-Care. Join us as we discuss what blood pressure numbers mean, the effects of high blood pressure on the body, risk and lifestyle factors. The Zoom link will be e-mailed in the weekly e-newsletter.

## VIRTUAL PROGRAMS

Did you know that you can call in from your telephone to participate in our Virtual Groups? Besides the Social Symposium and the BGC Social Hour, we also offer Coping with Change, Brain Games, Improving Communication, and Dealing with Stress and Anxiety During the Pandemic. Call the BGC at 301-258-6380 to get the telephone passwords to participate.

MONDAY - FRIDAY, APR 5 – APR 30

## VIRTUAL EXERCISE CLASSES

Take one class or take them all! Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price, plus you can make reservations for Water Walking at the Gaithersburg Aquatic Center.

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

## SENIOR ADVISORY COMMITTEE

Are you aware that there is a Gaithersburg Senior Advisory Committee? This group of volunteers, appointed by the Mayor, provides input and guidance on senior matters to the Mayor and City Council.

As part of its mission, the SAC advocates for and supports programs, services, activities, and legislation important to Gaithersburg residents 55 and older. It has long been advocating for a new free standing Senior Center.

The Senior Advisory Committee, which meets monthly, currently consists of: Chair Carolyn Bass, Vice-Chair Marlene Shemelynec, Jean Dinwiddie, Mary Hoferek, Evangeline Kirigua, and Yvette Monroe.

If you are interested in attending a meeting or serving on this important committee, please contact Tim "Smitty" Smith.